



THE LEADER

Vol. 37, No. 37

Grand Forks Air Force Base, N.D. ♦ www.grandforks.af.mil

Sept. 20, 2002

Prevention is the key



- See Pages 12 and 13 on how 319th MDOS members keep Warriors healthy

319th Air Refueling Wing • Solano Trophy Winner • Best Base in 15th Air Force

In this issue:

Weekend weather

Today 72/47 partly cloudy
Saturday 63/42 mostly cloudy
Sunday 55/36 partly cloudy
Monday 59/38 partly cloudy



Weather information courtesy
319th Operations Support Squadron weather flight

Community
salutes
military

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Free
pancake
feast

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Athlete
stays fit,
beats
winter

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Special Interest



Photos by 2nd Lt. Rob Lazaro



We salute you

The Grand Forks and East Grand Forks chamber's of commerce hosted a military appreciation day Sept 14, at the Alerus Center in Grand Forks. They provided food, entertainment, games and tickets to the University of North Dakota football game, where the base honor guard performed the half-time entertainment.



THE LEADER

On the cover:

First Lt. David Williams, 319th Medical Operations Squadron physician's assistant, looks over some x-rays in the base medical clinic.



Photo by Staff Sgt. Scott T. Sturkol

75%

Air Refueling Effectiveness Rate from Sept. 9 through Sept. 15.

20

DWI-free days. The base gets a down day for 100 DWI-free days.

Editorial staff

Col. Keye Sabol _____ Wing commander
Capt. Patricia Lang _____ Chief, public affairs
Staff Sgt. Scott Sturkol _____ Chief, internal information
Senior Airman Monte Volk _____ Managing Editor
Staff Sgt. Randy Roughton _____ Staff writer

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◆Deadlines

Articles: Due by noon Thursday the week prior to publication. For any questions about submissions, call The Leader staff at 747-5019.

◆Contact information

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◆Public Affairs

Editorial content is edited, prepared, and provided by the 319th ARW public affairs office. Copy submitted for publication is edited to conform to the Associated Press Stylebook and for length.

◆Advertisements

Call the Grand Forks Herald at 701.780.1275 before noon Tuesday.

Buckle up

Assure future by securing it today

By Staff Sgt. Randy Roughton
Public affairs

Anyone who rides in Capt. Jon Lowe's car wears a seatbelt. Even though he's always buckled up, Lowe didn't always push the issue with other adults. That changed Dec. 2, 1997 on an icy Wyoming interstate.

Lowe survived the crash with no serious injuries. His 51-year-old friend, who had taken off his seatbelt after they drove through two blizzards, was killed before help arrived.

"This was an accident that involved two people – one dies, one lives, and the only difference was I wore my seatbelt," said Lowe, a flight operations commander at Cavalier Air Station.

Lowe, who at the time was a first lieutenant at F.E. Warren Air Force Base, Wyo., near Cheyenne, was driving back from a hunting trip in a Toyota 4-Runner with a 51-year-old friend. They had passed through two severe storms with whiteout conditions and stopped at a convenience store near Rawlins, Wyo., and his friend decided not to wear his seatbelt since weather conditions seemed to have improved.

About 10:15 that night, Lowe hit a patch of black ice. The 4-Runner fishtailed and spun around 180 degrees before hitting the shoulder and landing upside down 200 feet past the ditch.

"I looked for John, but he wasn't there," Lowe said. "So I turned the car off, unbuckled myself and crawled out the window. I went around the back of the car and found John lying with his eyes open and

his neck tilted at a vicious angle. I checked his pulse, and there was nothing there."

More than half of crash victims who are thrown out of their cars are crushed and killed by the vehicle rolling on top of them. National Highway Transportation Safety Administration statistics show seatbelts save about 9,500 lives nationwide each year.

Seatbelt use is on the rise on base, with the rate averaging 90 percent and higher for the past four months, said Staff Sgt. David Franklin, 319th Air Refueling Wing Safety Office ground safety technician.

As valuable as Lowe's seatbelt lesson was on that fateful Wyoming winter day, he also learned the value of a winter survival kit. He spent about 45 minutes alternating between checking on his friend and trying to wave help down at the interstate with temperatures below -20 degrees. His parka and gloves kept him alive, Lowe said.

He had just married five months before the accident. Lowe and wife Monique have three 15-month-old triplets – Shailah, Alexandra and Jordan – and one son, Jacob, born Aug. 6.

Lowe, who also survived another rollover accident about 18 months earlier as a passenger in a government vehicle, shared his seatbelt experience at the 319th Air Refueling Wing commander's call.

"I'll give my story to anyone who will listen," Lowe said. "The biggest message is you're not invincible. We're all going to die, but we can lengthen that time by taking precautions. It's a simple thing to put your seatbelt on and make sure passengers in the car wear their seatbelt. I was 25 years old when I learned that lesson."



Photos by Jeremy Evett

Day in the pits

Four members of the wing leadership, took a crash course in battling an aircraft fire, and then put their skills to the test Sept. 9 at the base fire pit. Above, the four members work as a team to control the fire hose and fire.



Col. Keye Sabol,
319th Air Refueling
Wing commander



Chief Master Sgt. Danny Holwerda,
319th Air
Refueling Wing
command chief



Col. Barbara Chine, 319th
Support Group
commander



Col. Scott Phillips,
319th Air
Refueling Wing
vice commander

Enlisted Spouses Club: New officers, schedule set

By Staff Sgt. Scott T. Sturkol
Public affairs

The base enlisted spouses club has begun another year of events with new officers and a new schedule.

Mary Bucher is the new ESC president along with Bobbi Sturkol, vice president, Jill Holwerda, treasurer, Sarah Block, secretary, and Carol Glass, parliamentarian.

Bucher described what being a part of the ESC is all about.

“The ESC is an informal support group for military spouses,” Bucher said. “With the operations tempo as it is today, family members need all the support they can get. People come to the ESC meetings to meet new people, and it is a great way to get out of the house.”

Bucher added that spouses new to the base can really benefit from ESC meetings.

“It is difficult to move to a new place with no support network of family or friends, but the ESC goes a long way towards filling that void,” Bucher said.

The ESC would not exist without its members, the club president said. ESC members raise money for the welfare of the military community with the biggest portion of ESC donations going to scholar-

ESC activities, meeting schedule for 2002, 2003

- ▶ **Tuesday at 7 p.m.** – The ESC will hold its “Craft Night” in the Sunflower chapel basement. Activities include making “Jack-o-lantern” terra-cotta pots and scrapbooking. From members they will be accepting donations of supplies for the base “Baby Bundles” program. Snacks will be served.
- ▶ **Oct. 22 from 8 a.m. to 4 p.m.** – The ESC will hold its “Costume Party” in the Sunflower chapel basement. Snacks will include “scary” recipes.
- ▶ **Nov. 26 at 7 p.m.** – The ESC will hold its pie baking social in the Sunflower chapel basement. Activities will include a silent auction and making homemade Christmas cards. Also, a spachetti dinner will be served.
- ▶ **Dec. 10** – The ESC will hold their Christmas party. Time and place of the event is still to be determined. There will be a cookie exchange and a potluck supper.
- ▶ **Jan. 28 at 7 p.m.** – The theme of this meeting is “New Year’s Resolutions.” The meeting will be in the Sunflower chapel basement and activities will include briefings and speakers on nutrition, exercise and on the spirit of the mind and body. Healthy snacks will be served as the main food selection.
- ▶ **Feb. 25 at 7 p.m.** – “Tropical Oasis” is the theme for this meeting. Meeting could be held at the base pool as part of a swimming party – that is still to be determined by who’s interested. A potluck supper will be served.
- ▶ **March 25 at 7 p.m.** – The theme for this meeting in the Sunflower chapel basement is “Garden Party.” Activities in this meeting will include a gardening expert, bird watching and Earth Day. Snacks will be available. Officer nominations for the next year’s officers will also take place.
- ▶ **April 29 at 7 p.m.** – “Scrapbooking” is the theme for this meeting in the Sunflower chapel basement. People attending are encouraged to bring their own scrapbooked photo albums and if you don’t currently scrapbook, training will be available for people to learn. Also, elections for new ESC officers will take place.
- ▶ **May 27** – The ESC new officer induction dinner will take place. A place and time are still to be determined.

ships for family members.

“The ESC also donates to various functions around the base, including the library

summer reading program, the Air Force Ball, airman of the quarter and airman of the year,” Bucher said. “The ESC cannot

raise the money needed to support all these programs without the support of the membership. The members support various fundraising events throughout the year to pay for these programs.”

At the ESC meetings – the next taking place Tuesday at 7 p.m. in the Sunflower chapel basement, planned activities have taken on a new twist this year.

“In the past, the general meetings consisted mostly of the business portion with just a small amount of time devoted to games and socializing,” Bucher said. “I thought that if the ESC was to continue, the meetings needed to be more appealing to the members.

“This year, the majority of business will be conducted at the board meetings, and the general meetings will concentrate on fun and friendship,” Bucher said

This year’s activities schedule for the club will focus on what makes a club a club, added Sturkol.

“It comes down to meeting new people, playing silly games, socializing, learning new crafts and becoming part of an organization that is important to the base.”

For more details on the ESC, call Bucher at 594-8770 or Sturkol at 594-3855.

Briefs

Air Force Ball

The 2002 Air Force Ball is scheduled for Sept. 28 at Ralph Englestad Arena in downtown Grand Forks. Social hour with appetizers begins at 4 p.m., and dinner is at 5 p.m. This year's theme is "Standing Stronger in the Face of Terror."

Deadline for registration is today and deadline for cancellations is Wednesday. Cost is \$15 for E-1 through E-6 and GS-1 through GS-5, \$20 for E-7 through O-2 and GS-6 through GS-9, and \$25 for O-3 and above and GS-10 and above. Spouses pay the price of their host military member, and all others pay \$25.

Former Air Force chief of staff, retired Gen. Ronald R. Fogleman is the guest speaker. Fogleman served as the senior uniformed Air Force officer from October 1994 to August 1997. He was responsible for 750,000 active duty, Guard, Reserve and civilian forces serving throughout the world.

Appropriate dress for the evening is mess dress or semi-formal uniform for military and evening wear for civilians.

Sentenced

Airman 1st Class Joseph Bemis, 319th Security Forces Squadron, was sentenced at a general court-martial on Sept. 9, to confinement for nine months; reduction to E-1; and a bad conduct discharge, after he was found guilty of one specification of wrongfully and knowingly using an interactive computer service for carriage

in interstate or foreign commerce of obscene, lewd, lascivious, or filthy pictures (pornographic images involving children) and writings in violation of Article 134, Uniform Code of Military Justice.

Courtesy base legal office

Black & White Ball

The seventh annual Black & White Scholarship Ball, sponsored by the African-American Cultural Association, is Oct. 19 in The Club's ballroom. Donations are \$20 per club member and \$23 for non-members.

The attire for the evening is black tie/semi-formal dress. This year will pay tribute to the past six balls. Cocktails begin at 6 p.m. followed by silent auctions, dinner, program, and dancing.

For details call Donya Davis-Seay at 594-2377, Maxine Roy-Johnson at 747-6011, M.C. Diop at 777-4362 and Rose Biggs at 747-5420 or 594-6239.

CDC honor roll

The following individuals received a 90 percent or better on the career development course final exam.

Airmen 1st Class Preston M. Morrison, Steven M. Ratz, Ronnie L. Golden and Jared M. Currie, 319th AGS; **Staff Sgts. Brandon P. Williford and Marvin D. Alford**, 319th AGS; **Staff Sgt. Nathan W. Weigel and Airman 1st Class Jill R. Carr**, 319th MXS.



Photos by Staff Sgt. Scott T. Sturkol

Pancake feed

(Above) Angela Joslyn, spouse of Capt. Tom Joslyn of the 912th Air Refueling Squadron, takes part in the free pancake feast at the Plainsview golf course snack bar Sept. 10 with her sons Taylor and Ben. (Below) Snack bar workers fry up pancakes. The pancake mix was a donation to the base and the 319th Services Squadron turned it into a free pancake feast for all base members to enjoy.



Action Line

747-4522

The Action Line is your means to voice concerns after the normal chain of command channels have been attempted.



Col. Keye Sabol
319th Air Refueling Wing
commander

DRMO problem

I am inquiring about the Defense Reutilization and Marketing Office/salvage problem. It's been a good month and a half and we can't turn-in anything. I would like the status of when we can start turning stuff in again.

The base DRMO issue you are experiencing is a direct result of the changing times in our Air Force and Department of Defense. On June 7, the DRMO functions have essentially stopped here, and on Aug. 30, all of the Defense Logistics Agency-funded DRMO personnel have gone.

As you have now seen, the question becomes what to do with government property units no longer need. A committee was formed to address the issue early on, however a suitable plan was not developed until recently. The 319th Logistics Group is now working on both long and short-term solutions to the problem. They will have a limited turn-in capability up and running soon. Logistics group personnel will assist the owning organization with the process to ensure the items are properly turned in. Long-term, we are looking at contracting out the process, with a contractor assuming the duties of receiving and shipping your unwanted items.

We regret any inconvenience this may have caused, we understand this lack of service has been a burden on the wing. We are looking toward the future, and the improved process to come.

Tall grass

I live in Prairie View on the end of J Street. We are running into some high

grass problems. I know this is suppose to be a nature area, but it is also getting kind of dangerous. On the first day of school all the kids were coming down the trails and coming out into the road and we couldn't see them because the grass was so high.

Thank you for your concern over the safety of our people, especially our children, here at Grand Forks Air Force Base. Prairie View Park is a restoration effort undertaken by Grand Forks AFB to re-create the natural prairie grasses of the Great Plains.

It is necessary to let the area grow to seed several times, unmowed, for approximately two to three years so the slow developing prairie grass can naturally spread and develop it's extensive root system. We intentionally added several species of weeds to the grass mix to hold the soil until the desired grasses mature enough to prevent erosion thus giving the area an "unkept" look. In the third year, we will conduct a controlled burn of the area, and the quick re-growth of the prairie grass will choke out the weeds, creating the desired tall grass park appearance. We are completing the second year of our restoration effort.

Your concern about the safety of our children is right on target. We did not anticipate the children using the paths that intertwine through the developing park as thoroughfares to walk or ride bikes to school. We've identified the two primary points where the paths children use to go to school crossroads and will address these areas to provide visibility for safety while still allowing the prairie grass to develop. Again, thank you for bringing this situation to our attention and have a great Air Force day.

'Their loyalty, sacrifice and dedication may not grab the headlines or be the lead feature on the six o'clock news, but they are...

Crucial to success of war on terrorism'

I have the best job in the Air Force. As squadron commander of the 319th Medical Operations Squadron, I have been floored by the professionalism and "can-do" attitude the men and women of this squadron put forth on a daily basis. In spite of manning shortages, additional duties, and military obligations, they see more than 2,000 patients, answer an additional 600 calls during and after duty hours, and review more than 100 medical records for deployment on a monthly basis. Our 24-hour, 7-days per week ambulance service, respond to an average of 16 calls to 911 monthly and safely transport their patients to Altru hospital in all types of weather. They perform nearly 300 physical therapy treatments monthly and make 450 family advocacy and life skills outreach contacts. More than 7,000 immunizations are given annually at the hands of our medical technicians.

The work doesn't stop when the doors close. Notes need to be written on the patients seen that day, diagnoses coded to account for workload, records reviewed for the next day's PHA's, lab work checked and phone calls returned. It's not uncommon that the 7 a.m. start to the day has a 6 p.m. finish. They deliver results too—



Lt. Col. Kathleen Concannon
319th Medical Operations Squadron commander

our Primary Care Optimization program, with a dedicated Primary Care Manager and health care team, has been singled out by the AMC Surgeon General as "best in command." Our PHA completion rates, a measure of our readiness capability, is continually at the top of AMC, and often the Air Force's, standings. We have AMC's Senior NCO and Airman Mental Health Technicians of the Year.

They do it all proudly, confident that the work of every officer, airman and civilian makes a huge impact in the war on terrorism.

And it does. Support is not a glamour job. It doesn't win the air medals or the silver stars. There's no ribbon for the extra hours put in due to increased OPSTEMPO or deployed personnel. The motivator is pride—pride in the knowledge our warfighters and their families have access to the best healthcare; pride that we have medically qualified personnel maintaining the planes and protecting the troops at the deployed locations; pride that we have a piece in the launching of every sortie and the safe return of every aircraft. It's an unsung job, but just as essential as any other role in the Air Force.

We recently honored Col. Bonnie Mertely, our former group commander, as she retired after 28 years of dedicated service to the Air Force. A nurse by training and a warrior by choice, she served in roles ranging from bedside care to a humanitarian mission in Haiti; from schoolhouse instructor to clinic commander. The ceremony honoring her service was one that reflected the pride every medic feels—a commitment to others while sacrificing their personal welfare, a long heritage of others who have served with the same dedication to mission and country, a flag that draws deep a sense of loyalty.

These beliefs ring true today in the men and women of the Medical Operations Squadron. Their loyalty, sacrifice and dedication may not grab the headlines or be the lead feature on the six o'clock news, but they are crucial to the success to our war on terrorism. From doctors, nurses, social workers, psychologists and physical therapists to our highly trained enlisted force and our outstanding civilians, we fight the war against disease, injury and exhaustion with the same fervor as our fellow Warriors of the North deliver fuel and defend the perimeter. We are proud to be members of the 319th Air Refueling Wing, but we're even more proud of our role in keeping the men, women and children of Grand Forks AFB healthy to enjoy the freedom and liberty we all work to preserve.

The journey...what are you doing with your talents

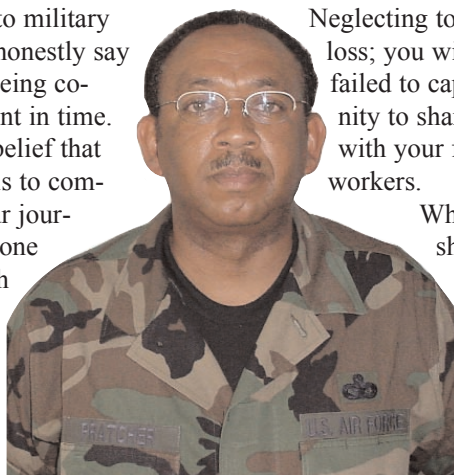
Have you ever found yourself wondering why you were sent to Grand Forks Air Force Base? I'm sure you have. Just as I'm sure each of you were frontloaded with the same horror stories I was told about Grand Forks AFB, specifically from those who were never stationed here before.

Since my arrival here on June 7, 2002, I have often found myself reflecting on the number of people I have had the opportunity to meet, to share a part of myself with, and to touch their lives in one way or another. During my short tenure, I've been able to share my experiences with a number of you, whom I've had the distinct pleasure of meeting.

I continue to believe I was assigned here for a specific reason; you are the reason for my assignment here at Grand Forks AFB! I look upon this as an "Opportunity to excel!" Each of you that I've interacted with, from airman basic to

colonel, from civilian to military family member, I can honestly say we have a reason for being co-located here at this point in time. It continues to be my belief that the reason we're here is to complete this portion of our journey, and to share with one another the talents each of us possess. So I ask you; what are you doing with your talents?

Each of us, regardless of rank, grade, status, nationality or occupation, has something to share with each other, and ultimately the 319th Air Refueling Wing. My hope is that by the time you finish reading this article, you decide to share your special talent(s) with someone and fulfill what I believe is your purpose in life.



Chief Master Sgt. Michael Pratcher
319th Security Forces Squadron

Neglecting to do so will be your loss; you will have effectively failed to capitalize on the opportunity to share a bit of who you are with your friends, peers, and co-workers.

When you think about it, sharing your talent is no more than putting into action that illusive term we talk so much about ... "Mentorship!"

In Matthew 25:14-30, there is a parable that illustrates the positive and negative effects of failing to utilize our talents. This parable talks about a Master who entrusts talents to each of his three servants during his absence. The servants with five and two talents doubled their talents; however, the servant with one talent, lacked faith,

buried his talent, and returned only the original talent to his Master. For this he was reproached. (In this context, the term talent is used to refer to a sum of money.)

The word talent is also used to measure "ability or aptitude" and comes from the metaphorical use of the Greek word "talantos" recorded in this parable. It focuses on our responsibility to use and improve our God given gifts and abilities. Failure to do so will result in eternal punishment.

I believe if you substitute the term Mentorship with the word talent, the outcome will be the same. So I ask you again, what are you doing with your talents? I challenge you to read this passage in Matthew 25 and answer the aforementioned question, as well as whether you have doubled your talents by sharing them with everyone you come in contact or are you burying your talents and keeping them to yourself? Think about it!

Thank you base members

*I wanted to send a thank
you to the four Grand Forks
Air Force Base men who
helped my brother clean out
his basement after the flood
in Roseau, Minn.*

*I do not know their names
but I do know that they did
excellent work and my broth-
er Steve Haslerud appreciat-
ed them and their excellent
help very much!!*

*It's wonderful to be a part of
a community that is willing to
give help. Thanks so much!!!*

*Most Sincerely,
Mary Haslerud*

Hispanic heritage: Rapidly becoming largest minority group in U.S.

By Master Sgt. Gary Cleland
Base military equal opportunity office

Since the “official” inception of the term “Hispanic” in 1973, its uses have led to controversy.

Originally applied to the Office of Education (an agency within the Department of Health, Education and Welfare) for the purpose of developing racial and ethnic categories which it could use for data-gathering purposes, the term “Hispanic” encompassed Mexican, Puerto Rican, Central Americans, South American, Caribbean, and Spanish peoples who share some common cultural values.

Since Hispanics can be of any race, to help keep their data separate, HEW further clarified the “White” and “Black” categories with definition, “not of Hispanic origin.” Other Federal Agencies such as the Office of Management and Budget and the Bureau of the Census soon followed suit in using the term.

Earlier attempts at classifying this group were even more nebulous. In 1960, the Bureau of the Census identified the Hispanic American population as “white persons of Spanish surname.” In this day and age, such a reference seems ludicrous. Hispanics may be of any race and have a multicultural ethnic identity. Also not all Hispanics speak Spanish.

It was not until the 1970 Census that the concept of reporting on Hispanics as a distinct group existed and then only in a 5 percent sample of the census questionnaires distributed.

The 1980 Census was the first to use the “Spanish origin or descent” question on 100 percent of the questionnaires. The 1990 census attempted to provide Hispanics in the United States with a more detailed identity.

In the 1990 census, those surveyed were asked to classify themselves as Hispanic if they fit into one of the fol-

lowing categories: Mexican, Puerto Rican, Cuban, or Other Spanish/Hispanic origin. The category was broken down further by providing a write-in line for subgroups.

Despite these additional questions, Hispanic interest groups felt cheated. The Texas Civil Rights Project and the Mexican-American Legal Defense and Educational Fund were two of the first civil rights groups to bring a law suit against the state of Texas demanding an increase in the head count of Hispanics.

The purpose of such a lawsuit was to ensure that Hispanics would not be shorted politically since census numbers are used to redraw political boundaries.

All those whom it refers do still not accept the term “Hispanic.” Other terms, such as “Latino,” or “Chicano,” have been suggested.

Latino implies a background stemming from Latin America, or the world of Latin (Roman) influence in Europe. In this sense, “Latino might include Guayanses, Brazilians, French, Romanians, or others whose culture is decidedly not of Spanish origin.

The U.S. Hispanic Population has grown tremendously in the past decade and demographers predict this trend will continue to grow thus becoming the largest minority group. This growth may have a profound effect on the Armed Forces.

Hispanics have enjoyed a rich military heritage in the defense of the United States. Although their numbers in the military have doubled in the past 10 years, currently Hispanics make up only 6.8 percent of the armed forces. Furthermore, of all Hispanics in uniform women represent only 6.3 percent. At their current growth, Hispanics will be a future rich service resource for recruiting.

It is important to have an understanding of the history, contributions, current conditions, and issues for Hispanics in the United States and the military service. Take time to learn more about all areas of Hispanics.

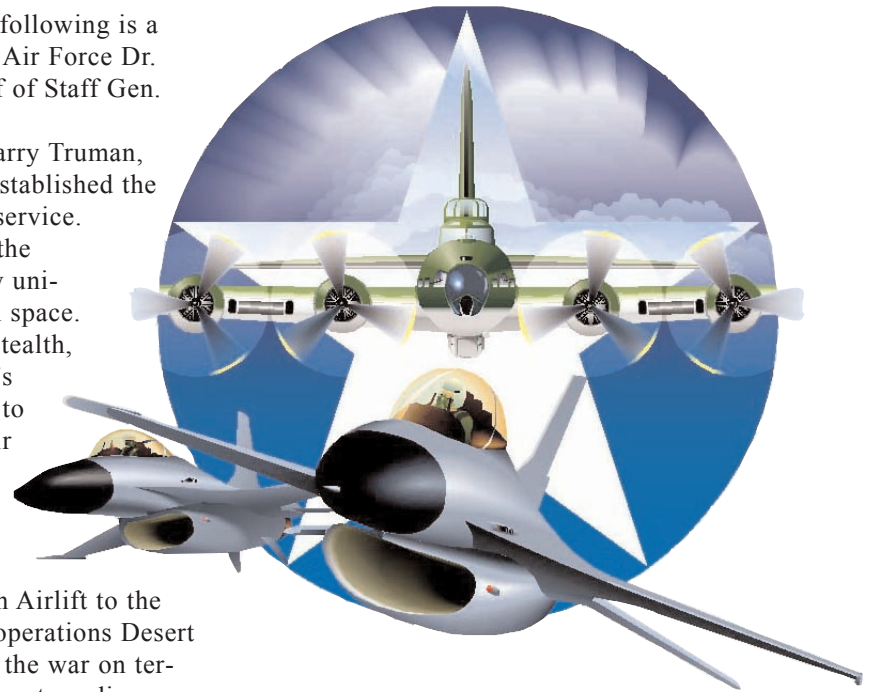
Happy birthday Air Force

SECAF, CSAF send message to premier air, space force

WASHINGTON (AFPN) -- The following is a joint message from Secretary of the Air Force Dr. James G. Roche and Air Force Chief of Staff Gen. John P. Jumper:

Fifty-five years ago, President Harry Truman, with a visionary stroke of his pen, established the U.S. Air Force as a separate armed service. Since then, we have revolutionized the nature of warfare and enabled a new universe of discovery and operations in space. With its attributes of speed, range, stealth, awareness and precision, our nation's outstanding Air Force will continue to deliver global reconnaissance and air dominance, as well as the great deterrent power those capabilities make possible.

From the days of providing humanitarian relief during the Berlin Airlift to the historic display of airpower during operations Desert Storm and Allied Force, and now in the war on terrorism, our airmen have served with extraordinary integrity, selflessness and dedication. Across the spectrum of operations, whether standing guard for deterrence, conducting joint combat operations, fulfilling our global expeditionary commitments, or defending the homeland, our Air Force has answered its nation's call. However, we cannot rest on our past successes. We must renew our commitment to adapt our current systems, modernize our force, and transform our air and space strategy to the challenges of this new era.



At the dawn of the 21st century, the importance of air and space dominance to the joint warfighter is clear. We owe much to the legends of airpower whose determination and vision resulted in an independent Air Force. Today we celebrate our heritage and look forward to a bright future thanks to airmen across the globe: active duty, civilian, Guard, Reserve, retirees, veterans and their families.

Happy Birthday to the world's premier air and space force, the U.S. Air Force!

For Flag.

For Honor.

America's
HEROES

National POW/MIA
Recognition Day

September 20, 2002



Getting a PHA is becoming easier

Plans include getting people to complete PHA requirements during routine appointments

By Staff Sgt. Randy Roughton
Public affairs

Many organizations can only wish they had the 319th Medical Operations Squadron preventive health assessment, or PHA, office's in and out baskets. Each basket in the clinic's cabinet is empty, except for next week's PHAs and

records awaiting extensive lab tests. Since they took over the PHA clinic Aug. 1, NCO in charge Tech. Sgt. David Breon and assistant NCO in charge Staff Sgt. Doug Moore have increased the number of PHA patients from about 16 a week to at least that number daily. "When the clinic opened 18 months ago, it was run by five people," Breon said. "We've basically cut it down to the two of us doing a five-person job." "As you can tell by our cabinet where we keep all our records, we have no backlog," Moore said. "In the old system, they had hundreds of records in there." PHAs identify risk factors from a person's lifestyle, individual health history and occupation exposures.



Tech. Sgt. David Breon, NCO in charge of the preventative health assessment office, works with a patient during a PHA appointment.

The assessment begins with a review of the individual's medical records, focusing on the individual's medical history, personal health risks, possible problems that would disqualify the member from mobility such as needing extensive dental treatment and certain medical conditions. Based on this review, laboratory tests, education, and/or further examinations may be ordered and performed on the day of the assessment. The base PHA clinic sees more than 2,800 people each year. The clinic's biggest obstacles to ensuring the wing's worldwide mobility are no-shows and members forgetting to bring their shot records. PHAs typically consist of a review of the member's immunization records, a health risk questionnaire and blood pressure check. Cholesterol screening is now also required for members age 20, 25, 30 and every five years afterward. Breon and Moore recently streamlined the base PHA process to the point when they have most assessments completed before the members report for appointments. They also see an even more customer-friendly system in the not too distant future. "In the future, we will have a Web-based questionnaire," Breon said. "The individual won't even have to come into the hospital for a PHA. They'll still have to come in for blood work every year. "What they're trying to do is get it all done whenever the person has a routine appointment. The big push now is to have a 70-30 split, where we 70 percent of our people won't have to come in for a scheduled PHA because we will grab them when they come in for routine appointments." "This helps the patient," Moore said. "That's less time they spend in the clinic."

319th MDOS members in action



Capt. (Dr.) Samantha Timm, staff psychologist for 319th Medical Operations Squadron behavioral health services, talks to a patient in the base clinic.



Senior Airman Holly Hoeye, 319th MDOS, discusses with Alyssa Mathis and her 7-month-old daughter Natasha during Natasha's well-baby check in the pediatric clinic Wednesday.

Facts about 319th MDOS

- The 319th Medical Operations Squadron's vision is, "Support global reach with proactive, proficient and efficient health care."
- Their vision is, "Leading the Air Force in prevention-focused health care."
- The squadron includes the family medicine clinic, pediatrics, mental health, family advocacy, physical therapy and the women's

Some good advice: Medical professionals discuss breast cancer, pap smears, seasonal disorder

Breast cancer

Breast cancer is the most common form of cancer occurring in women today, and the second leading cause of death, behind lung cancer, in American women. Indeed, one out of every eight women in this country will develop breast cancer and the probability of developing it increases throughout life. Last year alone, more than 200,000 women were diagnosed with the disease. This is up from 142,000 10 years ago.

The seeming disparity in these figures reflect not just a change in the behavior of the disease, but more so the success of present screening programs employed for its detection. While the incidence has increased, the death rate has remained relatively unchanged. This is most likely due to earlier detection when the cancer is less deleterious and treatment offers a better chance for cure.

At the base medical clinic, they presently screen all women at risk by employing three techniques; breast self examination, breast clinical examination and screening mammography. Since the widespread use of these screening tools there has been a 30 percent reduction in breast cancer mortality demonstrating that if breast cancer is detected early enough, the outcome may be favorably impacted.

What does all this mean? First, women should continue to do breast self exams starting from age

20 because more than 40 percent of breast masses are discovered by the women themselves and more than two-third of women discover their own cancers by self examinations.

Women ages 20 to 38 should have a breast clinical exam by a trained professional every three years and women ages 40 and above should have a breast clinical exam and a yearly mammogram. Studies show a decreased mortality for women younger than 50 years who had a screening mammogram and as a single modality screening mammography detected 35 percent of cancers diagnosed in women under 50 years of age.

Pap smears

Once a year, most women receive an annual Pap smear. Though dreaded by many, the Pap smear is one of the simplest procedures, and still one of the few significant tests for a pre-cancer screening.

Thus, it allows for early detection and limits the development of cervical cancer. Yet, more than 14,000 women die each year from cervical cancer. These are ladies who fail to get Paps done on regular basis. Since the 1950s, there has been a 60 to 70 percent decrease in the number of deaths from cervical cancer. So ladies, slide down, relax, and have your pap smear done to prevent a preventable disease.

George Papinacoloau developed

the Pap smear in the 1940s. The test involves the removal of cells from the cervix with a wooden or plastic device. The cells are smeared on a slide that is preserved for later microscopic exam. Since January, the base women's health clinic has performed a newer Pap smear procedure called "thin prep."

For this procedure, the cervix is gently swept with a soft brush that is rinsed in a liquid preservative. This method allows for better reading and more accurate results on the Pap smear report. However, it is important to remember the Pap test does not diagnose cervical cancer, but is used to identify ladies at risk for the disease so it can be prevented.

SAD

Seasonal affective disorder, or SAD, also known as the "winter blues," is a subtype of what health professionals call major depressive disorder, or clinical depression. Other subtypes include postpartum depression, which occurs within four weeks of giving birth. (And, no, postpartum depression does not affect men. So don't let anyone get away with using that as an excuse to watch sports all season.)

SAD received its name because investigators believe that it is triggered by environmental factors associated with the seasons.

Roughly three out of four people who develop symptoms do so in the eight weeks from mid-

September through the first week in November. Symptoms typically subside with the coming of spring. A shortened amount of daylight is thought to cause changes to the 24-hour biological rhythm "clock" (circadian rhythms) and abnormal regulation of some brain chemicals (neurotransmitters) that ultimately lead to SAD. Genetics are also a contributing factor.

Those who experience SAD report significant increases in: (1) the need for sleep (over nine hours per night); (2) appetite (with accompanying weight gain of 5 percent or more of body weight); (3) craving for carbohydrates; and (4) interpersonal conflict. Other symptoms include loss of interest, fatigue, irritability and heaviness in the extremities (limbs feel as if they are made out of lead).

When the combination of these symptoms – not any one in isolation – lasts for more than two weeks, people should seek out a medical provider.

Many experts agree that the first-line treatment for SAD should include a trial of full-spectrum light therapy, which replaces lost sunlight. Anti-depressive medications are used in conjunction with or in lieu of light-therapy when the latter is not effective. Counseling, or talk-therapy, can also be helpful.

For more details on these issues and others, contact your primary care provider.

Courtesy 319th MDOS

—What is the most challenging part about your job in the 319th Medical Operations Squadron?—



1st Lt. David Williams
Family medicine
physician's assistant

"The wide variety of patients I have to take care of is my challenge. From toddlers to retirees, there is a wide range of medical conditions we must meet."



Tech. Sgt. Thomas McNaughton
NCO in charge,
family medicine clinic

"Maintaining day-to-day operations with an increased operations tempo is a challenge. Thankfully though, we do well because we have a great commander in Lt. Col. Kathlenn Concannon leading the way."



Staff Sgt. Brook Hale
Records
management
technician

"It's a challenge to keep up with paperwork and patient record requests because we are a busy clinic."



Senior Airman Holly Hoeye
Medical service journeyman

"My challenge is to make sure we're seeing everybody who needs to be seen in the pediatric clinic. Over here it runs pretty smoothly. We know our patients which enables us to give better customer care."



Airman Kristin McDonald
Health services
management apprentice

"Being fresh out of high school and new to the military and the medical field has been quite challenging. Continued challenges will be to learn the things I need to be successful."



Larry Van Gerpen
Family medicine clinic
receptionist

"The challenge for me is to take care of the patients and get them checked in on time."

Base chapel

CATHOLIC:

Mass: 5 p.m. Saturday, 9 a.m. Sunday, Daily Mass: 11:30 a.m. Monday, Tuesday, Wednesday, and Friday, all at Sunflower Chapel

CCD: 10:45 a.m., Sunday, Twining Elementary School

Reconciliation: 4 p.m. Saturday or by appointment, Sunflower Chapel

Singles Bible Study: Wednesday, noon, Sunflower Chapel

PROTESTANT:

General Protestant Worship: 10:30 a.m. Sunday, Sunflower Chapel.

Liturgical Worship: 10:30 a.m. Sunday, Prairie Rose Chapel.

Inspirational Worship: 6 p.m., Sunday, Prairie Rose Chapel

Singles: 7:15 p.m. Sunday, meet at Prairie Rose Chapel annex

Youth: 4 p.m., Sunday, youth center, Grades 7 to 12

Religious Education: 9 a.m., Sunday, Eielson Elementary School.

Men of the Chapel: noon, Monday, Prairie Rose conference room

JEWISH:

For details call Sheila Farquharson at 594-3960 or Synagogue B’nai Israel at 775-5124.

RUSSIAN/EASTERN ORTHODOX:

For details call Dr. Levitov 780-6540

MUSLIM, BUDDHIST, OTHER:

For details call 747-5673

Base theater

Today, 7 p.m.

The Adventures of Pluto Nash (PG-13)

On the moon in 2087, Pluto Nash (Eddie Murphy) is a nightclub owner who accidentally gets involved in a revolt against an evil corporation from Earth intent on taking over his lunar colony, and he soon becomes the leader of the lunar independence movement.

Saturday, 3 p.m.

Spiderman (PG-13)

Nerdy high-school student Peter Parker (Tobey Maguire) is an orphan living with his Aunt May (Rosemary Harris) and Uncle Ben (Cliff Robertson) when his life is changed after he's bitten by a genetically altered spider, giving him amazing abilities. After his uncle is involved in a terrible accident, Peter realizes his powers and becomes a superhero, later facing off with the Green Goblin (Willem Dafoe).

Saturday, 7 p.m.

Bloodwork (R)

Terry McCaleb (Clint Eastwood) is a retired FBI director who has recently had a heart transplant. He is hired by Graciela Rivers (Wanda De Jesus) to investigate the death of her sister, Gloria, who donated her heart to McCaleb. He discovers that Gloria's killer is someone he had been chasing for years when he was with the FBI. Will McCaleb's weak and nearly retired body have the endurance to catch the murderer?

Sept. 27, 7 p.m.

Blue Crush (PG-13)

Nothing gets between Anne Marie (Kate Bosworth) and her board. Living in a beach shack with three roommates, including her rebellious younger sister, she is up before dawn every morning to conquer the waves and count the days until the Pipe Masters surf competition. Having transplanted herself to Hawaii with no one's blessing but her own, Anne Marie finds all she needs in the adrenaline-charged surf scene ... until pro quarterback Matt Tollman (Matthew Davis) comes along. Like it or not, Anne Marie starts falling for him.

Sept. 28, 3 p.m.

Simone (PG-13)

Al Pacino plays a movie director whose lead actress (Winona Ryder) suddenly drops out of his latest film. Without letting the public know, he uses a revolutionary program to replace the actress with a fully computer-generated starlet, named Simone — partially played by newcomer Rachel Roberts. As audiences worldwide are swept up by her instant success, he cannot bear to admit his fraud to the world or to himself, hiding her "true identity" from the prying press and studio brass, until his invention threatens to ruin his life.

Sept. 28, 7 p.m.

Martin Lawrence Live: Runteldat (2002) (R)

In Martin Lawrence's latest stand-up tour, the comedian and actor recounted the crazy events in the recent years of his life, from his bizarre arrest in Los Angeles to his three-day coma. Filming for this concert feature took place during Lawrence's final two performances at Constitution Hall in Washington, D.C., on Jan. 25 and 26, 2002.

**Tickets: \$1.50 children, \$3 adults
For details, call 747-3021.**

Community

Today

SPECIAL CLUB DINING

Tonight the Club is offering a Mongolian barbecue 5:30 to 8 pm. Questions call 747-3392.

BEGINNING APPLIQUÉ WORKSHOP

Sign for skills development center’s beginning appliqué workshop today. Here is a chance to learn to appliqué – the project will be “Hearts & Stars” wall hanging. This beginning appliqué class will be held Monday and Sept. 30 from 10 a.m. to 1 p.m. Cost is \$15 plus supplies.

TEENSUPREME MEETING

Every Friday for ages 14 to 18 from 9 to 10 p.m. at Liberty Square teen center. Question contact the youth center 747-3150.

LIBERTY SQUARE

Open skating at Liberty Square tonight for ages 6-18 from 6 to 10 p.m. The cost is only \$3 for admission and \$2 for skate rental. The teen center at Liberty Square will be open tonight for ages 13-18 from 6 to 11 p.m.

Saturday

VOLKSSPORT

There will be a Volkspport walk today at Turtle River State Park. Participate in the 10K walk and enjoy the scenic trails through Turtle River State Park. Registration may be done today from 8 a.m. to 1 p.m. or contact outdoor recreation 747-3688 to pre-register. This is not a sanctioned event.

VIDEO NIGHT

The youth center will be holding a video night for preteens ages 6 to 12 from 6:30 to 8:30 p.m. Cost is \$1 with popcorn included.

YOUTH GALAXY BOWLING

Saturdays at Dakota Lanes for ages 9 to 12 from 6 to 8 p.m. and ages 13 to 15 from 8 to 10 p.m. Cost is \$2.50 per hour and 75 cents for shoe rental. Need 10 to hold; must sign up at the Youth Center to attend.

DANCING AT THE CLUB

Come out to the Club tonight from 10 p.m. to 3 a.m. and dance to ‘Club Mix’ music with “DJ.”

Sunday

SUPER SUNDAY BRUNCH

There will be a Sunday Brunch today from 10:30 a.m to 2 p.m. Come and enjoy all the usual breakfast items along

with two meats potatoes, gravy and vegetables.

FOOTBALL FRENZY

Join the club for “Football Frenzy” today at noon; vote to watch your favorite team on the NFL Sunday Ticket. “WHO’S YOUR GUARDIAN ANGEL”? WALL

Monday

QUILT WORKSHOP

Sign today at the skills development center to take their workshop to make a wall quilt Sept. 15 and Oct. 2 from 10 a.m. to 1 p.m. Cost is \$15 plus supplies.

WIDOW’S BINGO

Come to the club tonight while your spouse is watching football – play Bingo. Cards will go on sale at 6 p.m. and games will start at 7 p.m. guaranteed a minimum of \$700 given nightly!

MONDAY NIGHT FOOTBALL

Come to the club tonight for more “Football Frenzy” for Monday Night Football Starter in the sports bar.

CANDY BINGO

Every Monday for ages 6 to 12 from 5:30 to 6:30 p.m. at the youth center.

Tuesday

TOURNAMENT TUESDAYS

Every Tuesday the youth center will hold tournaments for ages 9 to 12 at 5:30 p.m. and ages 13 to 18 at 7 p.m. today’s tournament is “3 on 3” basketball.

Wednesday

AIR FORCE BALL “MINI LOCK-IN”

Sign up by today for the youth center’s mini lock-in for ages 6 to 12 from 3 to 11 p.m., Sept. 28 in conjunction with the Air Force Ball. Cost is \$10, includes dinner, snacks, games, arts and crafts, tournaments, videos and karaoke. Must have 25 people to hold event.

WINNIPEG SHOPPING TRIP

Sign up today to spend a leisurely day Sept. 28 enjoying Winnipeg’s shopping opportunities with Outdoor Recreation. The trip will stop at “The Forks” where you can wander through Market Plaza, shop Johnston Terminal or discover any number of new shopping and taste experiences. Next, we will take you to Polo Park — its 200 stores spread over two spacious levels. Polo Park features stores such as Eaton’s, Sears, Talbot’s, Harry Rosen, Bombay Co. and Daniadown Quilts. If time permits, we’ll stop for supper before returning. Departure will

be at 8 a.m. from Outdoor Recreation and will return that evening. Cost of transportation only is \$15.50 per adult, \$8 children 12 and under accompanied by adult.

EVENING DINING AT THE CLUB

The “Frontier Grill” menu is offered every Wednesday, Thursday and Friday from 5:30 to 8 p.m. at the Club. Wednesday nights are half price starters and Thursday nights kid’s menu is half price.

Thursday

TORCH CLUB MEETING

Every Thursdays for ages 11 to 13 from 6 to 7 p.m.

FINE ARTS PROGRAM

Every Thursday is arts and crafts night at the youth center. This is a free program for ages 6 to 12 from 6 to 7 p.m. and ages 13 to 18 from 7 to 8 p.m.

Upcoming

“GALAXY BASKETBALL!”

There will be team registration and an informational meeting Sept. 27 at 10 p.m. in the Teen Center at Liberty Square for the youth center’s Galaxy Basketball. The season will take place Oct. 4 to Nov. 29 at Liberty Square for ages 13 to 18, Friday’s at 10:30 p.m. to midnight. Cost is \$15; need a minimum of 16 players to hold. Teams will be co-ed and “only” Galaxy Basketball participants will be allowed in Liberty Square during league times. There will be strobe lights, music and basketball! What more could you ask for on a Friday evening! Get your friends together and join this “new and exciting” way to enjoy the wonderful game of basketball! For details call Jeremy Swearingin at 747-7210.

LIFEGUARD CLASS

Outdoor recreation will be offering a lifeguard class Oct. 5 to 21 on Saturdays and Sundays. Come by outdoor recreation or call 747-3688 for details of the class and to sign up.

HOLIDAY PARTIES

Need help planning your holiday party? Let the club help do this, call Anne at the club 747-3392. Members First – receive a 10 percent discount when you book your holiday party on a Monday through Thursday. Also, new members who sign up from September to December 2002 pay no dues until January 2003.

INSTRUMENT INSTRUCTORS NEEDED

The youth center is looking for a piano and a guitar instructor; both are for instrumental and orchestra instruments. If interested call 747-3150.

Three seconds

The difference between first, third place in annual bike race

By John Gorman
Outdoor recreation programs director

Outdoor Recreation’s 13th annual Warriors of the North Bike Race was held on a warm, foggy morning Sept. 7. The 17 riders tested their mettle during their choice of either a 32-mile competitive or 16-mile novice course on routes covering portions of County Roads 5, 11, and 3. Course conditions, coupled with minimal wind contributed to an extremely close race with only three seconds separating the top three finishers in the 32-mile race.

Chad Canowski of Grand Forks captured first place overall, finishing the 32-mile course in 1 hour, 28 minutes, 21 seconds. Immediately following Canowski was Petter Gokstad from the University of North Dakota (1:28.22) and Brian Abraham from Grand Forks (1:28.23). Brett Owens of the 906th Air Refueling Squadron was the base’s top finisher coming in right behind the rabbits at 1:28.33.

In the novice division, Steve Olson of GEICO and Tim Driscoll from Grand Forks finished in 54:50 and 54:51 respectively. Keith Robinson from the 319th Mission Support Squadron was a little farther back at 1:01:04.

Lynnae Backman from UND captured the overall women's title, finishing the 32-mile course in 2:02.13. Reta Owens from the base finished in 2:06.49.

This year’s event was sponsored by GEICO. The top three finishers in each age group received medals, and each participant received a T-shirt and water bottle from GEICO.

Race Results

Overall (32-mile course)

Chad Canowski - 1:28.21

17-19 Age Division

Matt Thrasher

20-29 Age Division

Chad Canowski
Petter Gokstad
Brian Abraham

30-39 Age Division

Brett Owens

40+ Age Division

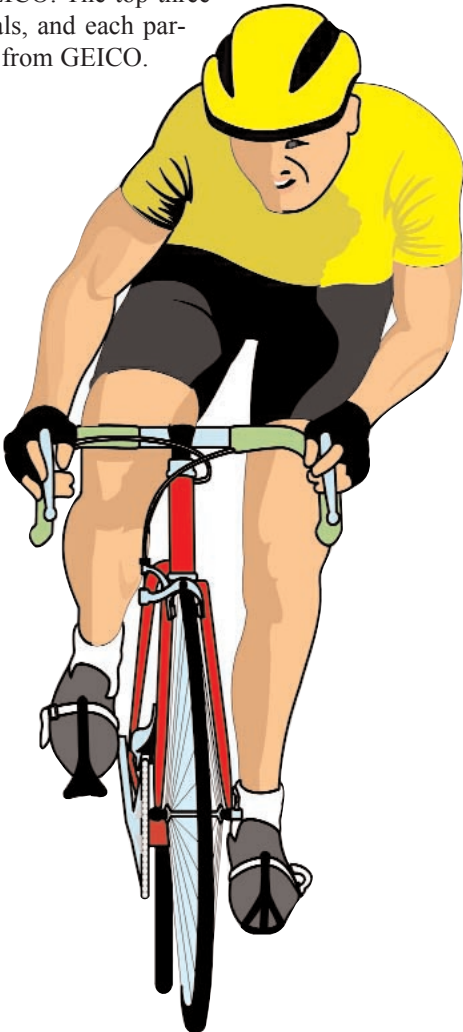
Doug Tarbett
Darrell Vinson
Reta Owens

Overall (16-mile course)

Steve Owens
Tim Driscoll
Keith Robinson

Women's (32-mile course)

Lynnae Backman
Reta Owens



Athlete stays fit despite North Dakota winters

By Staff Sgt. Randy Roughton
Public affairs

To stay fit and happy during North Dakota winters, Darrell Vinson plays racquetball, and he apparently plays it well. He took first place in the state C division earlier this year.

But the 319th Medical Operations Squadron physical therapy NCOIC wanted a summer sport, and he found it in biking.

He trained with a friend who was in the local biking club, and by the end of that summer, they completed an annual week-long bike throughout the state.

“The first couple of days, we went only 10 or 15 miles and then made it 30 to 40,” Vinson said. “It took us most of the summer, but we made it up to 100 miles in one day.

Darrell Vinson recently placed second in an area 32-mile bike race. Through biking, he tests himself, and enjoys meeting people at competitions.

Photo by Senior Airman Monte Volk

“I just started biking because I was looking for something to do during the summer months.”

Although racquetball remains his main sport, Vinson recently placed second in an area 32-mile bike race, which he finished in 1:58. It was his third biking competition, following the Prairie Rose State Games in Minot and Bismarck.

Each sport offers its own challenges and benefits, apart from seasonal weather conditions. Through biking, he’s basically testing himself, although he’s enjoyed the people he’s met in biking competitions. He’s played racquetball for more than five years, so a more competitive fire emerges on the court.

“When you’re biking, you’re riding by yourself, so you have a chance to get outside and look at the landscape, farmhouses and other scenery around you,” Vinson said. “It’s basically a challenge to myself to see if I can make it, so the only person I’m competing against is myself.

“But I’m really competitive in racquetball. I want to win.”

Calorie burners: Activities that turn up the heat

When it comes to burning calories, most of us want to get as much mileage out of our exercise as possible. For many, the more calories we burn, the better we feel about our workout. While energy expenditure should not be the only measure of a good workout (remember, it's good for you and makes you feel pretty good, too), it is helpful to know what a given activity might be costing you in terms of calories.

A word of caution, though, about counting calories. Simply burning more calories will take you only so far down the road to better health. A well-balanced, low-fat diet, plenty of rest and a healthy attitude are also essential. And, of course, all things in moderation - even exercise.

Reading The Chart

The numbers on this chart correspond to how many calories individuals of various weights burn per minute during different activities. Simply multiply this number by how many minutes you perform a given activity. For example, a 160-pound man jogging will burn about 12.4 calories per minute, or 372 calories during a 30-minute jog.

There are a few things you should keep in mind as you review this chart. With exercise, it really is true that you get out of it what you put into it. Simply showing up for class and going through the motions isn't going to do you much good. To get the most out of your exercise session, give it your all, even if your all is less than what others might be doing.

And don't forget to look for little ways to increase the number of calories you burn each day. You might be surprised to learn that it is possible to burn more calories simply by becoming more active in your daily life. Doing

things like taking the stairs, walking to the mailbox instead of driving, and doing chores around the house are great ways to burn additional calories.

(Source: American Council on Exercise)

Activity	Calories/min.	120 lb.	140 lb.	160 lb.	180 lb.
Basketball		7.5	8.8	10.0	11.3
Bowling		1.2	1.4	1.6	1.9
Cycling (10 MPH)		5.5	6.4	7.3	8.2
Dancing (aerobic)		7.4	8.6	9.8	11.1
Dancing (social)		2.9	3.3	3.7	4.2
Gardening		5.0	5.9	6.7	7.5
Golf (pull/carry clubs)		4.6	5.4	6.2	7.0
Golf (power cart)		2.1	2.5	2.8	3.2
Hiking		4.5	5.2	6.0	6.7
Jogging		9.3	10.8	12.4	13.9
Running		11.4	13.2	15.1	17.0
Sitting, quietly		1.2	1.3	1.5	1.7
Skating (ice and roller)		5.9	6.9	7.9	8.8
Skiing (cross country)		7.5	8.8	10.0	11.3
Skiing (water and downhill)		5.7	6.6	7.6	8.5
Swimming (crawl, moderate pace)		7.8	9.0	10.3	11.6
Tennis		6.0	6.9	7.9	8.9
Walking		6.5	7.6	8.7	9.7
Weight Training		6.6	7.6	8.7	9.8